



We've got hundreds of ways to say I love you.

FREE CATALOGS
CATALOGLINK

Read Message

RELATED: [Dictionary](#)
[Thesaurus](#)

In-Box

From: LHJ Kitchen <lhjkitchen@LHJ.COM> [Save Address](#) [Block Sender](#)
Reply-To: lhjkitchen@LHJ.COM
To: LHJRECIPE@MEDIA.TEAMNET.NET
Subject: Pineapple-Buttermilk Sherbet From LHJ Online
Date: Fri, 29 Jan 1999 12:17:36 -0500

PINEAPPLE-BUTTERMILK SHERBET FROM LHJ ONLINE <http://www.lhj.com>
To whip up this fresh-tasting sherbet, use only the tenderest parts of a very ripe, sweet pineapple (discard the pithy pieces around the core).
Buttermilk adds a pleasant tang and satisfying creaminess.

Total prep time: 15 minutes plus chilling and freezing
Degree of difficulty: easy
Low-fat
Low-calorie

- 1/4 cup fresh orange segments, membrane removed
- 2 3/4 cups fresh, ripe pineapple chunks
- 1/3 cup sugar
- 3 tablespoons water
- 1 teaspoon fresh lemon juice
- 1/3 cup cold buttermilk

1. Line jelly-roll pan with foil. Spread orange segments and pineapple separately on pan and cover with wax paper. Freeze until very hard, 1 1/2 hours or up to 24 hours.

2. Meanwhile, combine sugar with water in small saucepan. Bring to boil, stirring; cover and simmer 1 1/2 minutes. Uncover and boil 1 minute more. Transfer to small dish and stir in lemon juice. Cover and refrigerate until cold, about 1 hour.

3. Transfer orange segments to food processor and process until chopped very fine. Add pineapple and process until very fine. Add buttermilk to cold sugar syrup; with motor on, pour through feed tube and process until smooth. Serve immediately or freeze up to 24 hours. Makes 3 cups.

PER 3/4 CUP
Calories 135
Total Fat 1 g
Saturated Fat 0 g
Cholesterol 1 mg